

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claims 1-34 (Canceled).

35. (New) A method for producing a physiologically compatible, phospholipid containing, hard matrix consisting of a supporting material and a phospholipid, comprising the steps of

providing an acetone-insoluble phospholipid component as a starting material;

providing a supporting material; and

combining the acetone-insoluble phospholipid component with the supporting material to produce a matrix incorporating  $\geq 5\%$  by weight of the starting acetone-insoluble phospholipid component,

wherein said matrix has a total diameter between  $0.1\mu\text{m}$  and  $5000\mu\text{m}$ , and wherein said acetone-insoluble component is selected from the group consisting of (lyso)phosphatidyl serine, (lyso)phosphatidyl choline, (lyso)phosphatidyl ethanolamine, (lyso)phosphatidyl inositol, (lyso)phosphatidyl glycerol and derivatives thereof and sphingophospholipids; and

wherein the supporting material is selected from the group consisting of carbohydrates and proteins, hydrophobic materials selected from the group consisting of waxes, triglycerides, lipids, and polymers, mineral components, and mixtures thereof.

36. (New) The method as claimed in claim 35, wherein the matrix contains between 5 and 90 % by weight of the starting acetone-insoluble phospholipid component.

37. (New) The method as claimed in claim 36, wherein the matrix contains between 20 and 80 % by weight of the starting acetone-insoluble phospholipid component.

38. (New) The method as claimed in claim 37, wherein the matrix contains between 40 and 70 % by weight of the starting acetone-insoluble phospholipid component.

39. (New) The method as claimed in claim 35, wherein the acetone-insoluble phospholipid is sphingomyelin.

40. (New) The method as claimed in claim 35, wherein the carbohydrates are selected from the group consisting of starch, mono- and disaccharides and sugar alcohols thereof, glucose syrup, dextrans and hydrocolloids selected from the group consisting of alginates, pectins, chitosan and cellulose, and wherein the mineral components are silicates or mixtures thereof.

41. (New) The method as claimed in claim 35, wherein the proteins are selected from the group consisting of zein, gluten, gelatin, casein, whey proteins, soybean protein, single-cell proteins, texturized proteins and mixtures thereof.

42. (New) The method as claimed in claim 35, wherein the proportion of supporting material is  $\leq 95$  % by weight, based on the total weight of the matrix.

43. (New) The method as claimed in claim 42, wherein the proportion of supporting material is between 30 and 80 % by weight, based on the total weight of the matrix.

44. (New) The method as claimed in claim 35, wherein the total matrix has a diameter between 10 $\mu$ m and 1000 $\mu$ m.

45. (New) The method as claimed in claim 44, wherein the total matrix has a diameter between 50 and 500 $\mu$ m.

46. (New) The method as claimed in claim 35, wherein the matrix is spherical.

47. (New) The method as claimed in claim 35, wherein the matrix is lens-shaped.

48. (New) The method as claimed in claim 35, wherein the matrix has liquid contents.

49. (New) The method as claimed in claim 35, wherein the matrix is a microcapsule.

50. (New) Functional foods, special foods and dietary supplements comprising the matrix of claim 35.

51. (New) The foods and dietary supplements according to claim 50, wherein said matrix has a delayed release.

52. (New) A method for reducing the occurrence of elevated serum cholesterol levels and diabetes symptoms, strengthening mental fitness, exercise tolerance and fitness comprising administering the matrix of claim 35 to a patient in need of such treatment.